All-regional concert to be held

Students from the Appomattox Middle School Chorus will participate in the All-Regional Choral Concert this weekend at Lloyd C. Bird High School in Chesterfield County.

Each school in the district is given a student quota, and students are chosen to participate in the All-Regional Chorus through an audition process. Those students scoring highest on the audition test are selected to attend the regional event.

Regional chorus gives students with a common interest in music an opportunity to broaden their musical education and experience new techniques.

The students who attend Regional Chorus will participate in rehearsals beginning Friday afternoon. After two days of concentrated work and preparation the weekend will culminate with a concert Sunday afternoon. The chorus will present a diverse program of exciting musical numbers. The concert is free, and will be presented at 3 p.m. in the auditorium of Lloyd C. Bird High School.

Accompanying the AMS students on the trip will be chaperones, Mrs. Bettie Magann and Mrs. Hazel Saunders, bus driver Mrs. Velma Johnson, and choral director Mrs. Teresa Crawford.

Pamplin news

FEB. 5 - Mr. Sam Baldwin is a patient at Southside Community Hospital, Farmville.

Mr. and Mrs. Dick Baldwin and family, of Richmond, spent last Saturday with his parents, Mr. and Mrs. Roy Lucado.

Sympathy is extended to the family of Mr. Clarence W. Harris.

Mrs. Robert S. Harris left last Friday for Fort Myers, Fla. She will be joined there by her sister, Mrs. George Harrison, of Mt. Claire, N.J., for the month of February.

Rev. Thomas Boggs returned last week end after attending school at Duke University, under the program of continuing education.

Mrs. Grace Covington returned home last week from Virginia Baptist Hospital.

Mr. and Mrs. Richard Williams, Jr. spent last week in Aspen, Col., on a skiing trip.

Mrs. Earl Smith and Mrs. C. V. Wingfield spent last week end in Richmond.

Mr. and Mrs. Barry Austin and sons, of Richmond, spent last week end with her parents, Mr. and Mrs. Linford Cumbey.

Hunter Tolley, Sr., Gene Price, Dick Richardson, Raymond Kress, Louis Mann and Warren Hubbard, of Richmond, spent last week end at Myrtle Beach, S.C.

Raiderettes win

(Continued from page 9)

vista to win 36-30.

The local girls built an 8-4 lead in the first quarter on goals by Annette Carter (four points), Johnna Belter and Ruby Smith. A 14-point second quarter put the Raiderettes up 22-8 at the end of the first half.

The teams played close in the third quarter, with the Raiderettes scoring eight points and Altavista scoring seven. The local team held a 30-15 advantage at the end of this period of play.

Things got hairy in the final quarter, however, as the Altavista girls compiled 15 points, with the Raiderettes managing only six. The Raiderettes held, however, to defeat Altavista 36-30.

The local girls hit on eight of 20 freethrows for a 40 percent average, while the Altavista team was 14 for 22 from the freethrow line for a 63 percent average.

Along with Debbie Smith's game-high 11 points were eight points scored by Annette Carter, seven points scored by Ruby Smith, three points scored by Rhonda Jaggers and Lolita Preston, and two points scored by Johnna Belter and Susan Handy.

High scorer for Altavista was Kim Arthur, who hit two field goals and three freethrows for seven points. Other scorers included Cybil Moss with six points, Leanne Wilson with five points, Sherry Tippett and Lisa Cook with four each, and Bertha Thornhill and Barbara Willey with two points each. The loss dropped Altavista's record to one victory, 11 losses in the district.

The varsity Raiderettes were scheduled to play Liberty Tuesday at home, after the Times-Virginian deadline, and are scheduled to do battle with Rustburg Friday at Rustburg. Game time is 6:30 p.m.

Zion Baptist Church news

"I was glad when they said, let us go into the house of the Lord."

Despite the snow and ice, a large crowd of members and visiting friends attended regular services at the Zion Baptist Church Sunday morning at 11 a.m. Rev. Charles Lewis was assisted by Rev. H. O. Flood. Rev. Lewis preached a challenging message. Rev. Lewis' subject was "The Christian's Conquest of Fear." All present enjoyed this great message. The senior choir rendered beautiful music with Mr. Howard Allen at the piano. The offering was very good. At the end of the service Holy Communion was served and they sang a hymn and went out.

The Ladies' Aid will meet Sunday, Feb. 10, at the Zion Baptist Chburch at 2 p.m. A large crowd attended the funeral of Mr. Robert Womack at the Zion Baptist Church Sunday at 1:30 p.m. Hymn by choir; scripture and prayer by Rev. L. E. Hankin; Hymn by choir, "Sweet Hour of Prayer;" church letter by clerk; words of comfort, Rev. L. E. Hankin; obituary read silently; eulogy by Rev. C. W. Lewis; Hymn, "Shall We Gather at the River;" Pallbearers, Men's Community Club; Floral bearers, Ladies Aid and friends. Service was by Bland-Reid Funeral Home.

Our sick are improving. We are praying for our sick and shut in. Our sympathy goes out to the Womack family.

Mrs. Magnolia Franklin has returned home from therapist, at the Tower of the University of Charlottesville Hospital. She did receive her prosthesis and doing very well. She is thankful God abled her to do as well as she is. She had several out-of-town visitors. Her sons visited her while there. Mrs. Franklin appreciates her girls taking turns coming home to help her and she is very happy to be back home again. Everyone has been so very nice.

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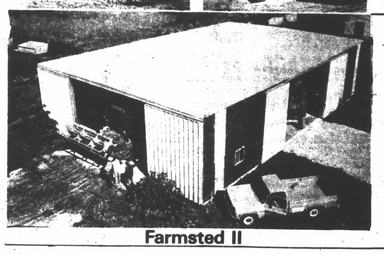

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Seniors get CVCC indoctrination

Dr. Robert L. Bashore, Director of Admissions and Student Services at Central Virginia Community College, and Directors of Curriculum Divisions, presented the program "Opportunities at CVCC" on Wednesday, Jan. 30, at Appomattox County High School to all seniors. The purpose of the program was to orient the students to the many curriculums offered at CVCC.

The general session included an excellent slide film presentation of programs at the college. Following the general session, each senior attended two group sessions of his or her interest. Sessions were Business, Health Sciences, Engineering and Related Technologies, Humanities/Social Sciences, and Math and Science. Information on financial aid was given.

Shown in photo above, front row, l to r, are Dr. Jerry Riddle, Director of Divison of Business; Dr. Paul Schilling, Director of Math and Science; Dr. Tom Barber, Divison of Humanities; and Mr. James Price, Engineering and Technologies; and on back row, l to r, Mrs. Doren Laury, Financial Aid; Mr. Richard Frisbee, Health Sciences; Dr. Wayne Wiley, Director of Social Sciences Division; and Dr. Robert L. Bashore, Director of Admissions.

The program was sponsored by the Guidance Department of Appomattox County High School.

Top-selling Angus brings in $4000

Many home gardeners like to try new introductions. Following is a list of vegetables, new varities and, in some cases, comments. This is not a recommended list, but new varieties that you may like to try.

If you would like the sources of any of these, give our office a call. A list of recommended varieties is also available from this office.

Beans, Snap - White Seeded Provider; Green Genes - flat pods; Slenderette.

Broccoli - Emporer F_1 - multiple harvest; Futura F_1 - once-over harvest.

Brussel Sprouts - Earli-Jade F_1 - early and high yielding.

Cabbage - Prizetaker F_1 - early, slightly flattened heads; A & C #5 Plus, F_1 - cold resistant, Black Rot tolerant.

Carrott - Ladyfinger - very sweet, small top, high density plantings.

Cauliflower - White Contessa - heat resistant, early large deep head.

Corn, Sweet - Pennfresh ADX - very sweet and high quality, needs to be grown in isolation from other corn; Quicksilver - three weeks earlier than Silver Queen, white, high quality; Lightnin' - white hybrid, 1 week earlier than Silver Queen, excellent husk protection; Sweet Time F_1 - very sweet, isolate, long-holding; Candystick II - Slender ears, very small cob, yellow, 90 days.

Cucumber - Bush Champion - slicer, bush, non-vining; Pacer - slicer, very early, glossy dark-green, resistant to scab and mosaic; Tempo - Pickle, holds well on vine; Saladin - Pickle and salad type, scab, powdery mildew, and mosaic resistant, early, AAS - 1979, tender, non-bitter skin.

Eggplant - Easter Egg F_1 - small, white fruit, novelty; Satin Beauty F_1 - large fruit, deep black-purple.

Lettuce - Crispy Sweet - early, multiple cutting, butterhead flavor.

Melon - Star Trek - choice market type, resistant to fusarium wilt & powdery mildew; Mainstream - highly productive, long shelf life, well netted, large sutures of muskmelon type; Earlidew F_1 - honeydew type, smooth skin, green flesh, early, adapted to Virginia.

Mustard - Tendergreen II F_1 - very vigorous, dark green color, early, older leaves show less tendency to yellow, slow to bolt to seed.

Onion - Keepsweet F_1 - large,

(Continued on page 2B)

DEB program to be offered

Obesity is one of the major health problems in America today. Our life style and abundant food supply contribute greatly to this problem. The DEB Program (Diet, Exercise and Behavior Modification) will be conducted by the Appomattox County Extension Office in cooperation with the Adult Education Program, Appomattox County Public Schools.

The objectives of this educational weight reduction program are to assist participants with the following.

1. To evaluate and restructure eating habits concerning food quantity, food frequency and food choice (based on food nutrient content).
2. To evaluate and restructure activity patterns.
3. To become acquainted with factors contributing to obesity such as food consumption patterns, activity level, environmental stimulation of eating behavior and food preparation techniques.
4. To become acquainted with the positive health effects of weight loss.
5. To be able to share concerns of being overweight and weight loss with each other.
6. To lose one to two pounds per week until the weight goal is achieved.

This class will be taught weekly for a period of ten weeks. It will begin on February 19, 1980 and be conducted each Tuesday 1:00 - 3:00 P.M. in the Extension Office Meeting Room and 7:00 - 9:00 P.M. at Appomattox County High School in Room 110.

If you wish to register or have questions concerning this program, you may call the Appomattox County Extension Office (352-8244).

Instructors for the class will be Lonnette Chilton, Teresa Perrow and Shirley Walton.

Good news for homemakers

Shirley W. Walton
Extension Agent

RECIPE OF THE WEEK
ELEGANT PIE

1 cup sugar
2 eggs
1 stick butter or margarine
½ cup pecans
½ cup coconut
½ cup white raisins (optional)
1 teaspoon vanilla
Pinch of salt

Mix ingredients as listed. The pie is just as good with the raisins left out or if you want to add that bit of nutrition, they are delicious. Bake for 30 minutes at 350° In an 8-inch pie shell. Yield: 1 pie.

Thanks to a former neighbor, Mrs. Margaret Hayden, for sharing this delicious recipe with us.

ACHS Band Boosters to meet Monday

The ACHS Band Boosters Club will meet Monday, Feb. 11 at 7:30 p.m. in the music room at the high school.

All members are urged to attend, and anyone interested in participating in this organization is welcome to join.

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